

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant:	ALEX MICHALOW	Group Art Unit:	3764 #2
Serial No.	09/679,833	Docket No.	52458-224532
Filed:	October 5, 2000		
For:	SPORT SPECIFIC TRAINING METHOD AND APPARATUS		

Commissioner for Patents
Washington, D.C. 20231



I CERTIFY THAT, ON JANUARY 2, 2001, THIS PAPER IS BEING
DEPOSITED WITH THE U.S. POSTAL SERVICE AS FIRST CLASS MAIL IN
AN ENVELOPE ADDRESSED TO THE ASSISTANT COMMISSIONER FOR
PATENTS, WASHINGTON, D.C. 20231.

Barbara A. Avery
Barbara A. Avery

RECEIVED
JAN 10 2001
C 3100 MAIL ROOM

INFORMATION DISCLOSURE STATEMENT

In compliance with the duty imposed by 37 C.F.R. 1.56, and in accordance with C.F.R. sections 1.97 *et. seq.*, the materials enclosed herewith are brought to the attention of the Examiner as possibly being of interest in connection with the above-identified patent application. Consideration of each of the documents listed on the attached 1449 form(s) is respectfully requested. The filing of this information disclosure statement shall not be construed to be an admission that the information cited in the statement is, or is construed to be, prior art to the present application. Pursuant to the provisions of M.P.E.P. 609, Applicants further request that a copy of the 1449 form(s), marked as being considered and initialed by the Examiner, be returned with the next Official Communication.

No fee is deemed necessary. In the event that the amount submitted herewith is insufficient in any respect, the Commissioner is authorized to charge our Deposit Account 06-0029 any fees under 37 C.F.R. 1.16 and 1.17 which may be required to file and during the entire pendency of this application. This authorization shall be treated as requesting a petition for an extension of time under 37 C.F.R. 1.136(a) of the appropriate length that may be necessary now or in the future.

Respectfully Submitted,

Dated: January 2, 2001

ALEX MICHALOW

By:

Karl G. Schwappach
Karl G. Schwappach, #35,786
FAEGRE & BENSON LLP
2200 Norwest Center
90 South Seventh Street
Minneapolis, MN 55402-3901
612/336-3318